



Ham and Cheese Pretzel Roll with Honey Mustard Mayo

Lunch 5 Minutes

4A



Mature Cheddar Cheese



Pretzel Roll



Mayonnaise



Wholegrain Mustard



Honey



Smoked Ham Slices

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Chopping board and bowl.

Ingredients

| | |
|----------------------------|----------|
| | 1P |
| Mature Cheddar Cheese** 7) | 30g |
| Pretzel Roll 13) | 1 |
| Mayonnaise 8) 9) | 1 sachet |
| Wholegrain Mustard 9) | 17g |
| Honey | 1 sachet |
| Smoked Ham Slices** | 2 slices |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 224g | 100g |
| Energy (kJ/kcal) | 2472 /591 | 1104 /264 |
| Fat (g) | 28.4 | 12.7 |
| Sat. Fat (g) | 10.5 | 4.7 |
| Carbohydrate (g) | 55.3 | 24.7 |
| Sugars (g) | 18.1 | 8.1 |
| Protein (g) | 28.2 | 12.6 |
| Salt (g) | 3.69 | 1.65 |

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

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 You can recycle me!



1



2



3



Get Prepped

a) Thinly slice the **Cheddar cheese** lengthways.

b) Cut the **pretzel roll** in half.

Mix it Up

a) Pop the **mayo, wholegrain mustard** and **honey** into a small bowl. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Mix together.

b) Spread the **honey mustard mayo** over the **top** and **bottom** of the roll.

Layer Up

a) Lay the **cheese slices** on the **bottom** of the roll, then top with the **ham**.

b) If you're eating straight away, pop your **sandwich** on a plate and dig in.

c) If you're eating later, pop it into a container and store in your fridge.

Enjoy!